

Expedition Air

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News for AEF Airmen in the Balkans, Italy and the Med

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InBrief

Climate survey

Airmen have the power to shape the future when the 2005 Air Force Climate Survey launches today.

The survey, offered every two years since 1997, measures how people feel about leadership, supervision, training, recognition and other aspects of the Air Force. This year's survey also measures enduring competencies such as effective communication, teamwork, judgment and adaptation under pressure.

The survey provides a total force perspective and includes active-duty members, civilians, the Air Force Reserve Command and Air National Guard.

The survey runs through Nov. 23 and can be completed online anytime during the survey period from either a government or personal computer. The survey can be found at <https://afclimatesurvey.af.mil/>.

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Air Force Birthday ...

Celebrating 58 Years of Legacy, Service

By Gen. Robert H. "Doc" Foglesong

Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) — Fifty-eight years ago on Sept. 18, 1947, W. Stuart Symington was sworn in as the first Secretary of the Air Force; at that moment the Air Force became a distinct and separate U.S. military service. Just one year later, U. S. Air Forces in Europe would play a vital role in Operation Vittles, later

known as the Berlin Airlift, by airlifting more than 2.3 million tons of food, fuel and medical supplies to the blockaded city of Berlin.

Today, USAFE Airmen are engaged in a wide range of U.S. and NATO real-world contingencies and exercises across the globe. We are furthering democracy in places such as Iraq and the former Eastern Bloc nations as USAFE people engage in Operations Iraqi Freedom and Enduring Freedom, partnership

for peace exercises, military-to-military contact programs and other activities.

To all of the members of the Air Force — Active Duty, Guard, Reserve, civilian, retired and families — thank you for your dedication and commitment. Because of your effort and determination, we continue to be the most respected and feared air and space force in the world. We salute you for bringing your courage every day — thanks for all you do!

401 AEW troops celebrate Air Force birthday

Information provided by the 401st Air Expeditionary Wing Public Affairs Office

The members of the 401st Air Expeditionary Wing celebrated 58 years of the Air Force Sept. 23 with an Air Force Ball.

The event, attended by 30 members, the first of its kind for the 401 AEW, took place at the Bella Vista Club here.

The emcee for the event, Master Sgt. Mike Koeck, introduced the official party: Col. Joseph Ford, 401 AEW commander, his wife, Kathy, Lt. Col. Jay Moheit, 401 AEW Operations Group commander, Lt. Col. Christopher Monahan,



Photo by Tech. Sgt. Dawn Moninger

Col. Joseph Ford, 401 AEW commander, and Senior Airman LuCelia Nagel, 401 AEW Public Affairs, prepare to cut the Air Force birthday cake. Sept. 23 at the 401 AEW Air Force Ball. The two represent the oldest and youngest Airman at the ball.

401 AEW Operations Support Squadron commander, Lt. Col. Glenn Rowley, 401 AEW Staff Judge Advocate and Chief Master Sgt. Renee Starghill, 401 AEW

command chief master sergeant.

"Colonel Ford made the decision to put this event on because he felt it was important to celebrate the Air Force's birth-

day," said Master Sgt. Keith Drake, 401 AEW first sergeant. "He also wanted our deployed members to have a chance to dress up and get together in an appropriate manner."

The participants in the celebration also took time out to recognize the military's prisoners of war and those missing in action with a POW/MIA ceremony. The ceremony was led by Master Sgt. Keith Drake, 401 AEW first sergeant, and Staff Sgt. Robert Fowler, 401 AEW network operations. The two explained and demonstrated the symbolism of an empty

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Commander reflects on recent tragedy

By Col. Joseph Ford

401st Air Expeditionary Wing commander

Hello Mighty 401st warriors! It's time once again for another step along our path through the AEF process.

Most of you have now been in the organization long enough to find your rooms, determine where to grab a bite and maybe, just maybe, have found a favorite place to relax.

Trust me when I say that is a significant step in your maturation towards the "senior class". In other words, you are all settling into your new found roles and responsibilities. To those of you who are new to the organization, welcome; I believe you'll find this experience both professionally rewarding and personally uplifting.

Based on current events, I'm going to take the opportunity to deviate from the series of articles I been writing. While I truly believe personal integrity, self sacrifice, unquestionable loyalty, and an unshakable motivation to succeed are critical to success; those principles are worth little if the embodiment of those principles dies.

Two days ago, the military community at Aviano suffered a tragic loss. Brig. Gen. Scarpolini, the former Italian commander, was killed in a motorcycle acci-

dent near the base and close to his home. "Scarpo" was a United States Air Force pilot training graduate, a fantastic leader, and a true friend to the men, women, and mission of the 401 AEW.

Any such unexpected loss should cause each and every one of us to reflect. Reflect on our motivation, our choices, the example we set, the conduct of our professional and personal lives, and the legacy we wish to leave. None of us is going to live, on this earth, forever: we are all mortal with a finite span. None of us can control sickness, or accidents for that matter, that may claim our life.

That said, there should be an expectation, from within all of us, that we have a responsibility to ourselves, our family, and our Nation to mitigate the risk environment we place ourselves in. There should be an expectation that we all weigh the risk versus reward for activities we are involved in.

Please understand I fully realize we can not prevent every accident, we can not thwart every tragedy. However, based on this summer's fatalities in our MAJ-



Col. Joseph Ford

COM, I know we can do better. General Scaprolini's accident was just that. He was driving well rested, with all his protective gear, on a main road, during the daytime, in great weather. That level of thought has not been seen in our USAFE losses. Tired drivers, late nights, poor road conditions, alcohol, and lack of seatbelts have been common threads.

What I'd ask each and every one of you to do is take five minutes to reflect on where your risky behavior is. Explore for yourself where you cut safety corners, where you push the limits. Then make a commitment to yourself, your family, and your Nation to modify that behavior.

If all the warriors in the Mighty 401st make that simple pledge, I guarantee we will save at least one life.

Our thoughts and prayers go out to General Scarpolini's family and friends in this their time of need.

Thank you for what you do each and every day to keep our Great Nation free. God Bless you and may God Bless America.

401 AEW introduces command chief master sergeant

By Chief Master Sgt. Renee Starghill

401 Air Expeditionary Wing command chief

People have always been the focus of my career in personnel, and 22 years later, nothing has changed for this Detroit native.

I am humbled and honored by the opportunity to serve side by side with you, our brothers and sisters in arms, as the first Command Chief Master Sergeant deployed with the 401st Air Expeditionary Wing. I'm committed to doing everything in my power to assist Col. Ford and Lt Col

Stephens in keeping the wing focused on our mission, while ensuring everyone is a full member of the team and committed to the fight.

I believe in the old-fashion style of leadership. Leadership by walking around and getting to know our folks and letting them know we care and truly appreciate their contributions. I am committed to meeting everyone in our organization — you will most likely find me away from my desk.



Chief Master Sgt. Renee Starghill

I believe taking the time to talk with our troops, listen to their concerns and share them with leadership is one of the most important aspects of my job. Creating a dialog on a regular basis with wing personnel ensures that we are all well informed.

I know we have some of the best Airmen in the Air Force. You are great at what you do and come from a wide variety of career fields. We will continue to capitalize on

your talents to ensure mission accomplishment.

Honesty is a trait I value dearly and I expect from everyone I work with. I believe if we are truthful with our subordinates, peers and leaders, in terms of identifying those things or issues that require attention, we will continue to be the best and most respected Air Force in the world.

Thanks for all you do every day in defending our freedoms and I look forward to seeing you in the very near future! Take care of yourselves and take care of each other.

Airman Information File addresses followership

**By Gen. Robert H.
"Doc" Foglesong**

Commander, U.S. Air Forces in Europe

A good leader must adapt to changing environments and motivate ordinary people to achieve extraordinary things. In a complementary way, followers must adapt to their leader, mission, organization, and environment or risk losing their relevance!

Too often, followers are either incapable of change or unwilling to take the tough steps necessary to do so. The formula for success: adapt your style to bolster your leader's vision, your organization's goals, and the operational environment.

Mission/Vision. Good followers have a clear under-

standing of where their leader wants to go. Understanding the mission and the leader's vision will help you prioritize the tasks critical to attaining the organization's goals. As a follower, you are the expert — take the initiative and have the courage to turn the leader's vision into action. When Secretary of State Colin Powell was asked why he was selected to be the Chairman of the Joint Chiefs of Staff he replied, "I worked very hard. I was loyal to people who appointed me, people who were under me, and my associates. I developed a reputation as somebody you could trust. I would give you my very, very best."

Organization. Good followers are aware of their organi-

zation's strengths and weaknesses. They know the skill level of their fellow Wingmen and understand the issues facing their team. Similarly, followers must be aware of their own strengths, weaknesses, and motivations — be honest! Consider what you bring to the fight and how it contributes to the leader's vision. Once you discover where your skills are needed most, apply your expertise with energy and focus. General Curtis E. LeMay once said he was never given a job that he felt qualified to handle, yet he became one of our greatest military leaders.

Environment. Good followers maintain strong "situational awareness." The transformational environment we

operate in today demands that we be prepared for any situation.

Anything less may put our fellow Wingmen at risk. Responsive and vigilant followership can make the difference between mission success or failure. When you sense change, identify it and embrace it!

Good followership is the result of calculated study, deliberate practice, and sometimes painful experience. But if you are willing to adapt, you become invaluable to your leader, your organization and the mission.

In a profession where success is measured in human life, we all need to be prepared to be dynamic followers — the other half of great leadership!

Professionalism, integrity, humility – difference between 'good and great'

By Lt. Col. Jeff Smith

47th Operations Support Squadron commander

LAUGHLIN AIR FORCE BASE, Texas (AFPN) — Why does the Air Force continually attempt to mentor, develop and shape us as Airmen?

It's not because the Air Force needs good men and good women; rather, it's because the Air Force needs great men and great women. We need individuals willing to take the personal tools that we've been given and diligently forge them into skills of greatness. Not greatness for ourselves, but greatness for service ... service to humanity.

As I reflect on the great men and

women that I have been honored to serve with, I have noticed three distinctive characteristics that make the difference between good and great: Professionalism, Integrity, and Humility.

Professionalism is ensuring that the job we are given is done right. When we complete a task, we must be willing to sign our name to it and consider it a personal beacon, a reflection of who we are and what we bring to the fight. Our deeds define our reputation and our reputation defines our lives.

Our professionalism is measured every day by the passion in which we seek lasting solutions and by the spirit of excellence that we demand of ourselves and of

those around us.

When the uniform comes off and the duty day is over, professionalism does not get hung in the closet.

Our professionalism is not defined by the clock on the wall; rather it is defined by who we are every moment of every day.

Whether in blues in parade, BDUs in battle, or jeans at a club downtown, we must all reflect a beacon of professionalism that cannot be extinguished.

If professionalism is doing the job right, then integrity is doing the right job. While professionalism is a beacon of our lives, integrity is the banner of our heart.

*See **Good** page 4*

**401st Air Expeditionary Wing
Editorial Staff**

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The 401 AEW Public Affairs Chief reserves the right to edit story submissions. Submission does not guarantee publication.

Words in Hurricane Katrina's wake

By Army Capt. Steve Alvarez
American Forces Press Service

OCEAN SPRINGS, Miss. (AFPN) — I'm a professional communicator. My job in the military is to find the right words to express things the right way. This is the first time in my career — in my life — that I have ever been at a loss for words.

No words can describe the sense of hopelessness that engulfs you upon entering this region — how tiny you feel in the wake of the immense power that wipes one home from the earth, yet allows a small tree to hold its ground 20 feet away.

I had seen this type of devastation in the aftermath of Hurricane Andrew in 1992. I helped my hometown of Miami rebuild after what was then the worst natural disaster in U. S. history.

Having seen Andrew's devastation firsthand, I can say this is far worse. Andrew was a shotgun shell fired at a paper target. Katrina is an atom bomb fired at the same target.

As I drove south on Interstate 65 from Montgomery, Ala., traces of Katrina began to appear. A little more than 20 miles away from Mobile, Ala., twisted billboards lay on the roadside; poles that once held hotel signs high above the highway now were bare; and plywood bald spots dotted rooftops where shingles once protected

residents from the elements.

Riding with National Guardsmen in Humvees toward Pascagoula, Miss., people on the street waved as they passed us in cars with watermarks halfway up the doors. They honked their horns and gave the soldiers thumbs up.

For a moment, the presence of military personnel keeping order and bringing hope to a region reminded me of my year in Iraq. As we drove, we passed guardsmen maintaining order at gas stations, soldiers working at relief stations in the sweltering heat, and engineers clearing the way for disaster workers to repair the many broken cities of the Gulf Coast.

But this was not a war-torn foreign land. This surreal, nightmarish, hellhole was my country, not someone else's. This was my backyard.

As a Floridian, hurricanes are a part of life. I grew up thinking that potential disasters were a price you paid and a risk you took for living in the South, what I consider the most beautiful part of our nation. Property was replaceable; that's what insurance is for. What matters after the storm is that you are alive.

As I walk through this chaotic oblivion, my view has changed. When the ceiling of a home that once bounced a child's laughter off its walls is ripped off and tossed a mile away, things change. When the



Photo by Staff Sgt. Bryan Bouchard
NEW ORLEANS - Staff Sgt. Joshua Copeland cuts through a downed tree in a neighborhood here Sept. 13. About 100 Airmen from the 4th Expeditionary Civil Engineer Squadron helped clear debris alongside members of the 82nd Airborne Division. Sergeant Copeland is deployed from the 375th CES at Scott Air Force Base, Ill.

mirror that a daughter primped in front of as she prepared for prom is shattered into a jagged jigsaw puzzle, perspectives change.

And when the wall that measured a son's growth is now dust, thickening murky floodwaters, your opinion sways.

No words can accurately describe conditions here. There is no eloquent way to package this, no way to couch it into a talking point, into a theme, into a message. The word "catastrophe" doesn't even rate what Katrina has

done here. We need to find a new word for this level of devastation, coin something to capture this horror.

Hurricane Katrina is no more, but like all violent acts she has left an indelible scar on victim and relief worker alike. I am not a victim of Katrina, but I still feel the intensity of fear and immensity of loneliness that survivors here feel.

Yet, as relief workers of all ethnicities, professions and socio-economic groups from across the country converge onto this wide swath of despair, the human spirit remains undaunted. Utility workers frantically work to repair power grids; doctors and nurses care for broken masses of humanity; construction workers remove storm debris and clear roads; aid workers feed the hungry; and police and military authorities strive to keep order.

Despite their shock, loss and sorrow, the region's residents display their strength and resilience.

In a waterfront development in Pascagoula, in what is left of the front steps of a home, the residents erected a flagpole and placed a small sign at the foot of the pole. The sign includes their address and the family's name, but at the bottom of the sign, in small letters is what I'll take with me from this disaster.

It reads: "No retreat. We'll be back. No surrender."

Good from page 3

Our lives, what we say, what we sign, and what we claim to believe cannot be laden with folly. In our profession, there is simply too much at stake.

Instead, we must build a banner of integrity that is beyond reproach, beyond question.

Finally, it is the virtue of humility that

will lead our lives to greatness. We are taught to "do nothing out of vain conceit or selfish ambition, but in humility consider others greater than ourselves."

Chief of staff addresses future of Air Force

By Master Sgt. Mitch Gettle

Air Force Print News

WASHINGTON — To determine the way ahead, one must understand the heritage and history of the Air Force, Air Force Chief of Staff Gen. T. Michael Moseley said during his keynote address on the future of the Air Force at the Air Force Association's 2005 Air and Space Conference and Technology Exposition here Sept. 14.

In World War I, the Allies were faced with breaking the German lines near the city of St. Mihiel. The Germans were entrenched and fortified, and it was up to Col. Billy Mitchell to plan the air offensive.

Looking at the plan and execution, it is very similar to the tactics the Air Force uses today to gain air superiority.

"First, (Colonel Mitchell) built a series of expeditionary airfields that had repair hangars, billeting, and messing facilities," General Moseley said. "He then stocked them with fuel and munitions. For the opening shot he sent his fighters deep into German airspace to directly attack the German air force. This cleared the way for the bombardment squadrons to directly attack German headquarters, troop concentrations, staging areas, transportation infrastructure, and airfields."

During his address, the general cited many of the founding fathers of air power as laying the foundation for today's future.

"What (Colonel Mitchell) and these early, intrepid Airmen demonstrated in those frail (World War I) aircraft ... how they began to think and organize ... how they forever changed warfare — they have



Photo by Master Sgt. Jim Verhegyi

Air Force Chief of Staff Gen. T. Michael Moseley gives his keynote address on the future of air and space power during the final day of the Air Force Association's 2005 Air and Space Conference and Technology Exposition in Washington Sept. 14.

given us a sense of perspective and a way to understand our future," he said.

Also, in understanding the future course for the Air Force, there are current challenges that must be met.

General Moseley cited three challenges the Air Force must tackle: focus on fighting the war on terrorism, continue to develop Airmen and recapitalize and modernize the inventory.

The Air Force has been involved in the war on terrorism for more than 1,400 days. After such a long time, as with most tasks, an air of complacency can set in, he said.

"Let me be clear: We cannot now, nor ever, lose sight of the fact that the mission of the United States Air Force is to fly and to fight," General Moseley said. "We fly and we fight ... that's what we do."

It is the Airmen who fly and fight, and training those Airmen is an Air Force priority.

"We clearly have the best people in the world," he said. "If we are going to ask our Airmen to defend this nation, then we owe it to them to give them the best opportunities for career development ... and give them the best possible standard of living and the best possible training."

The general said the Air Force must continue to make the training more realistic and find the right mix of joint, coalition and composite force training.

For the Air Force to train and fight, it has to have the proper equipment to ensure mission success.

"Old equipment is not a new problem," General Moseley said. "We are operating the oldest inventory of aircraft in our history."

The average age of the fleet has gone from 8 1/2 years old in 1967 to an average of 23 1/2 years old today, he said.

General Moseley commented on the way ahead for the Air Force and the four points that will drive its future.

— The future total force must be not only adaptable to today's fight, but also tomorrow's fight and equally adaptable to unknown applications.

— It must be seamless among the active duty, Guard and Reserve components.

— It must operate in a joint environment; not only in what is purchased, but also in the way we fight, talk and think.

— It must be affordable.

"To meet these challenges though, we must continue to look for better ways to operationally exploit the air and space domain," the general said.

Ball from page 1

table, set with "Amazing Grace," playing in the background.

Ball guests then took some time to make some traditional toasts and proceeded to dine.

After dinner, Colonel Ford and Senior Airman LuCelia Nagel, 401 AEW Public Affairs, cut the birthday cake. The two represented the oldest and youngest Airmen among

the guests.

Next came the entertainment portion of the evening, presented by Shannon Kokot, an Air Force spouse, who led the Airman in several games for prizes. The games served as both an icebreaker and as a chance for the new 401 AEW members to get to know a bit about each other.

Technical Sgt. Dawn

Moninger, 401 AEW safety officer, attended the ball, her first ever.

"I think the event was great because I think it gave reverence to the Air Force's history," she said. "Just the fact that we would carry on such a time-honored tradition, with our small numbers — it was such a statement that we can get together to celebrate such an

important event."

The final part of the evening was a speech by Col. Ford. The colonel presented some highlights in the 58 years of Air Force history, from its beginnings as the Army Air Corps to its present-day duties of warfighting and peacekeeping.

"What makes the Air Force great isn't the machines — it's the people," he said.

Air Force OneSource: 'Wingman that never sleeps'

By 1st Lt. Elizabeth Culbertson
USAFE News Service

RAMSTEIN AIR BASE, Germany — U.S. Air Forces in Europe members looking for a comprehensive source of information on everything from childcare to car parts have only to pick up the phone or log on to a computer for a one-stop shop.

Air Force OneSource is a consultant service that falls under the Military OneSource program and has been available 24 hours a day, 7 days a week, 365 days a year since 2003.

Whether members are seeking translation services, trying to ship a pet or looking for special needs care, the consultants at the two stateside call centers field all requests. Air Force OneSource is manned by trained, licensed, master's-level consultants that have a 48-hour standard return time for requests.

"There's not much (Air Force OneSource) can't do," said Gretchen Shannon, USAFE family matters community readiness consultant. "Instead of stressing out over a problem, let the qualified con-

sultants do the research for you."

The range of support services includes relocation, financial matters, family readiness, education, everyday issues, family support, emotional well-being, addiction and recovery and health and wellness, said Ms. Shannon. The consultants also offer translation services for more than 140 languages and sub-sets.

"Air Force OneSource is a 'virtual employee' of the family support center," she said. "It allows active duty, Reserve and Air National Guard and their immediate family members to go into the system and receive information that will be helpful to them. It's one of the tools in the FSC toolbox that complements the services that the family support center provides."

Prepaid educational materials are available in a variety of formats (booklet, CD, cassette, and electronic downloads) and can be ordered via phone or online and shipped free of charge. Materials cover such varied topics as parenting, deployment, reunion, education,

"Air Force OneSource is a 'virtual' employee of the family support center. It's one of the tools in the FSC toolbox that complements the services the family support center provides."

Gretchen Shannon
USAFE family matters

finance, elderly care, health and wellness, crisis support and relocation.

"The services offered are especially useful to members at geographically separated units and shift-workers," said Ms. Shannon.

Approximately 11 percent of the Air Force has used AF OneSource in the last 10 months (fiscal year October 2004 - present), said Mischell Navarro, USAFE family matters acting chief. The goal is to have 15 percent use the service each fiscal year.

Military OneSource is constantly adding new features to its web site, said Dr. Navarro.

"Some new, exciting additions are the free use of Turbo Tax to all service members and their families by going through

the Military OneSource web link, brand new video clips of consultants talking about emotional well being issues and the new single service member bulletin board," said Dr. Navarro.

One of the biggest advantages to the service, said Ms. Shannon, is the availability.

"The family support center is always present, but it can't be manned 24/7/365," she said. "Air Force OneSource is the FSC wingman that never sleeps."

Air Force OneSource is available online at www.airforceonesource.com or by telephone (outside the U.S) at 800-7075-7844. Military OneSource is available at <http://www.militaryonesource.com/>. Log on by using "airforce" as the user ID and "ready" as the

Some Airmen can carry over 'use or lose' leave

RANDOLPH AIR FORCE BASE, Texas — Airmen who were recalled from or unable to take annual leave this past year for reasons such as support for contingency operations will be allowed to accumulate more than the normal 60 days after the fiscal year ends.

Special leave accrual carry over also applies to the Air Force Reserve and Air National Guard members who performed full-time training or other full-time duties for more than

29 days.

Airmen who lost leave may carry the following leave amounts:

Up to 120 days for Airmen deployed or assigned to hostile fire/imminent danger pay areas;

Up to 90 days for Airmen who deployed or were assigned to other than hostile fire or imminent danger locations; and

Up to 90 days for Airmen impacted by significant and unforeseen operational mission requirements as a result of

Hurricane Katrina.

Additionally, Airmen who lost leave as a consequence of assignments in support of contingency operations as of Sept. 30, 2005 are authorized restoration of the leave they lost.

"This program is meant to enable people to take leave they've earned," said Tech. Sgt. Deitra Mathis, non-commissioned officer in charge of field operations, leave and commander's support staff programs at the Air Force Person-

nel Center here. "For the program to work as planned, though, those affected need to take not only the leave they are carrying over now, but also the leave they will earn during the next fiscal year, or they may lose leave next year."

Those Airmen who meet the criteria for having excess leave should contact their local military personnel flight, customer service element for additional guidance such as eligibility to carry over leave beyond the following fiscal year.

Air Force leaders announce religious guidelines

By Master Sgt. Mitch Gettle

Air Force Print News

WASHINGTON — Air Force officials announced the release of interim guidance on free exercise of religion Aug. 29.

Air Force Directorate of Personnel officials issued the interim guidelines after careful consideration of the U.S. Constitution, laws and military necessity.

The guidelines were developed after a review at the U.S. Air Force Academy indicated a need for additional guidance on the issue of religious respect throughout the Air Force.

“A crucial part of our vision is that the religious diversity we share as Americans is a strength that sets us apart from many other nations,” said Lt. Gen. Roger A. Brady, Air Force deputy chief of staff for personnel.

“In a world where many nations are torn apart by religious strife, we must understand that our ability to stand together — those who represent many religions shoulder-to-shoulder with those who claim no religion — is a great strength.

“Each of us represents the government of the United States and the Air Force,” he said. “Our actions must be consistent with the Constitution we are sworn to protect and defend, and with the Air Force core values. We demand from one another integrity first, service before self, and excellence in all we do. Our responsibility

to the Constitution requires that we not officially endorse or establish religion — either one specific religion, or the idea of religion over nonreligion — as the only way or the best way to build strength or serve our nation.”

The interim guidelines are based on the following principles:

— We are sworn to support and defend the Constitution of the United States. In taking this oath we pledge our personal compliance with the Constitution’s protections for free exercise of religion and prohibitions against governmental establishment of religion.

— We will accommodate free exercise of religion and other personal beliefs, as well as freedom of expression, except as must be limited by military necessity. We will not officially endorse or establish religion — either one specific religion, or the idea of religion over nonreligion.

— Our core values support and are consistent with our constitutional obligations. Our integrity demands that we respect others and that we live up to our oaths.

Service before self demands respect for the Constitution, our Air Force and each other, and an understanding that in the military our service begins with a commitment to our responsibilities, not only our rights.

Commitment to a climate in which individuals of diverse beliefs form an effective team is essential to achieving excellence.

— Chaplain service programs are the responsibility of commanders.

Chaplains function as staff officers when advising commanders in regard to the free exercise of religion, and they implement programs of religious support and pastoral care to help commanders care for the welfare of all their people.

— Supervisors, commanders and leaders at every level bear a special responsibility to ensure their words and actions cannot reasonably be construed as either official endorsement or disapproval of the decisions of individuals to hold particular religious beliefs or to hold no religious beliefs.

— Abuse or disrespect of our wingmen — our fellow Air Force people — including disrespect based on religious beliefs, or the absence of religious beliefs, is unacceptable.

— We will recognize and value the many heritages, cultures and beliefs represented among us, and build a team by stressing our common Air Force heritage: the oaths we took, the core values that we embrace, and the mission that we undertake to protect our nation.

— At a time when many nations are torn apart by religious strife, we must understand that our ability to stand together as Americans and as Airmen — those who represent many religions, shoulder-to-shoulder with those who claim no religion — is part of our heritage and our strength.

Remembering

ARLINGTON NATIONAL CEREMONY, Va. — A young boy lays an American flag on a 9/11 memorial marker here Sept. 11. Patriot Day observance wreath laying ceremony honors the victims and families of the Sept. 11, 2001 attacks on the Pentagon, Twin Towers and Flight 93 over Pennsylvania. (Photo by Tech. Sgt. Kevin J. Gruenwald)





New responsibility

Col. Joseph Ford, 401st Air Expeditionary Wing commander, repeats the oath of office to Lt. Col. Scott Stewart, 401 AEW Det. 2 commander, during Colonel Stewart's promotion ceremony Sept. 1 at Kosovo Forces Headquarters in Film City, Pristina. (Photo by Staff Sgt. Carla Williams)

SMA Preston visits deployed troops

By Tech. Sgt. Claudette Hutchinson

Kosovo Force Press Service

PRISTINA, Serbia and Montenegro

— The Sgt. Maj. of the Army Kenneth O. Preston visited deployed Army, Air Force, Navy and Marine troops here Sept. 9.

Sergeant Major Preston is the 13th Sergeant Major of the Army. He serves as the Army Chief of Staff's personal advisor on all enlisted-related matters, particularly areas affecting soldiers' training and quality of life.

He devotes his time traveling throughout deployed locations talking to soldiers about training and quality of life. However, during his visit here, Sergeant Major Preston met with people from all branches. His message was relevant to everyone as it relates to total force and quality of life matters.

As U.S. Army Brig. Gen. Joseph Orr, Chief of Staff KFOR introduced the SMA, he said Sergeant Major Preston is a true professional who demonstrates the qualities of a top-notch non-commissioned officer, of all branches of the service.

"He shows me what 'right' looks like as a noncommissioned officer," said Brig. Gen. Joseph Orr.

"It doesn't matter what branch of the service you are from. I am proud that all of

you are here. It's no secret that all the services are busy, and the sergeant major and I are very proud of what you do everyday," said the General.

With 260,000 soldiers deployed to more than 120 countries worldwide the SMA is very busy traveling and getting the message to deployed troops. The main topics he touched on during his visit here were transformation, quality of life, recruiting and retention and the future total force.

"We are in the largest transformation since WWII, he said. "We want to put more predictability and stability back into our soldiers' lives through joint interdependence between the services, increasing the low-density high-demand units, adding more soldiers, and working as a total force with the Guard and reserves."

According to Army Staff Sgt. William Gardner, deployed from the 5th Brigade, 78th Division, Fort Meade, Md., the session was very informative.

"I believe that the SMA really cares about (us) the soldiers. I look forward to this transformation. I am optimistic that this concept (of predictability and stability) will help keep families together," he said.

Working together in a joint environment everyone operates with the concept of "one team, one fight." Therefore, the SMA's



Courtesy photo

Sgt. Maj. of the Army Kenneth O. Preston presents a coin to Spc. Jessica Alvarado-Rosado during his visit to HQ KFOR, Pristina. message applies to everyone, whether Army, Air Force, Navy or Marines.

"It doesn't matter what branch of the service you are in, we are an all-volunteer force and if we don't take care of our people we won't retain them," the sergeant major said.



Photo by Tech. Sgt. Maurice Eargle

Great job!

Col. Joseph Ford, 401st Air Expeditionary Wing commander, presents a coin to Airman 1st Class Cornelius Gause, a link technician for the 48th Expeditionary Intelligence Squadron, Niscemi, Sicily, in appreciation for a job well done. The event marked the first time the new commander has presented a coin to a 48 EIS member. The 48 EIS mission is to provide Data Link between ISR Air Assets, Distributed Common Ground System components and decision makers by operating and maintaining a Mobile Stretch (MOBSTR) segment.

Congrats!

Lt. Col. Jon Stephens, 401st Air Expeditionary Wing vice-commander, presents a coin to Tech. Sgt. Johnny Smith, 401 AEW Det. 1, Tuzla, Bosnia-Herzegovina. Sergeant Smith assessed the Operational Risk Management for more than 80 airfield obstructions with very little time or familiarization. The mission of Det. 1 is to operate Tuzla's primary airfield in the U.S. sector of Bosnia-Herzegovina in support of Task Force Eagle's North Atlantic Treaty Organization (NATO) peace-keeping mission for Multi-National Brigade (North) and Operation JOINT FORGE.



Courtesy photo

Air Force sergeant lives his dream

By Senior Airman LuCelia Nagel

401st Air Expeditionary Wing Public Affairs

To a young man growing up in Jamaica, the starched blue coat and crisp service cap of visiting pilots epitomized the image of a professional. At 14 years old, the young man was impressed by the pilot's level of training and their dedication to their flying mission. This impression led to a desire to fly — which ultimately led to enlistment in the Air Force.

Master Sgt. Robert Reid followed his dreams from Jamaica to New York, and joined the Air Force five months later, beginning his career as a life support technician for aircrews.

“One of my favorite hobbies is building model airplanes, although now I stick with the snap-together kits,” he said. “I have too many models now to keep track of.”

His love of the hobby transferred to his 4-year-old son, Jaron, who took over the collection. The models now hang from Jaron's ceiling.

“I still keep my three favorites in my office though - an F-16 Fighting Falcon, an F-15 Eagle and an Airbus A-380 Navigator,” Sergeant Reid said. “I have a huge respect for both fliers and maintain-

ers, no matter what the aircraft.”

The sergeant also claims another passion besides planes -- human interaction - which led to first taking on first sergeant duties and later a career change to Military Equal Opportunity.

Deployed from Pope Air Force Base, N.C., Sergeant Reid has been in the MEO family for two years, serving as the non-commissioned officer in charge.

The MEO program seeks to eliminate unlawful discrimination and sexual harassment against Airmen based on race, color, sex, national origin or religion.

As the superintendent of MEO for the 401st Air Expeditionary Wing and the eyes and ears of the wing commander, Sergeant Reid fully grasps the importance of educating the wing's troops to the sensitivities of the host nations.

“I want people to realize that we serve as the ambassadors to America,” he said. “The impression that we give is the impression that these nationals will remember about Americans.”

Sergeant Reid works with units downrange to keep apprised of troop issues.

“This is such a crucial service for our troops' quality of life,” he said. “I just want people to know they will always have a

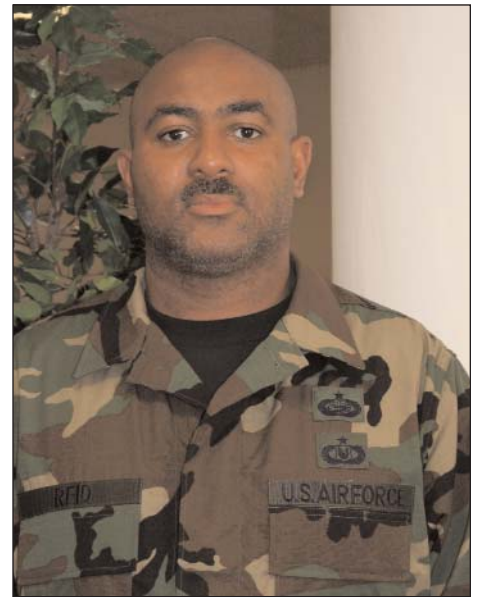


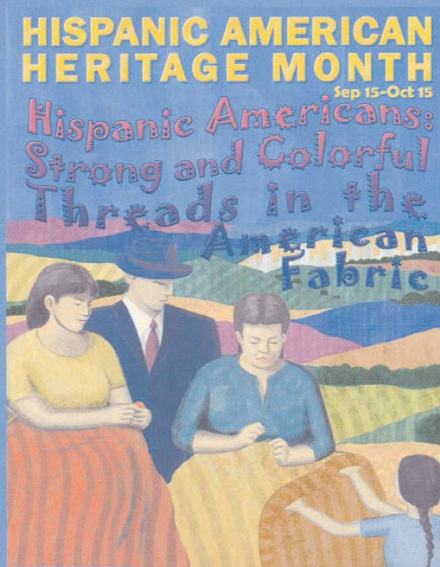
Photo by Senior Airman LuCelia Nagel

Master Sgt. Robert Reid, 401st Air Expeditionary Wing Military Equal Opportunity superintendent, has been an Air Force member for 19 years. Sergeant Reid joined the Air Force because of his passion for aircraft and human interactions.

voice for their issues.”

So whether he is helping a downrange troop resolve an issue, or holding his own in a conversation about flying or aircraft, Sergeant Reid is secure in the knowledge that he has succeeded in making his dreams come true.

Hispanic Heritage Month Special Observance



401 AEW Military Equal Opportunity

Safety sense

When entering or exiting Building 600, we are faced with an all-new set of unique traffic safety challenges. What I am talking about is “The Bldg. 600, Indy 500” that we must somehow manage in order to maneuver our vehicles into the midst of if we intend to enter or exit the area. We take our lives into our hands every day that we drive on that precarious road whether we are headed towards Aviano, Gate 7 or Pordenone.

- Take the time to really gauge the traffic flow and speed once you have pulled to a complete stop at the exit or in the lane to enter.
- Do not try to “gun it” across the street because you trust your sight of periphery and think you can make it.
- Remember the traffic here is unpredictable; expect an unexpected vehicle at an unexpected time.
- Never put your vehicle (and your life) into a lane of traffic that you expect to stop for you. Expect that traffic will not stop for you and act accordingly.
- Be the first and fastest to yield.

AF Uniforms

AF issues headphone guidance for PT uniforms

RANDOLPH AIR FORCE BASE, Texas — The Air Force has issued guidance for the wear of headphones while in the official physical training uniform.

Airmen dressed in the PT uniform are authorized to wear headphones while participating in personal fitness and other off-duty activities. However, they will not wear headphones while in formation, or during organized unit physical training sessions or in performance of official duties.

Commanders may further deny headphone wear if conditions are determined to be unsafe, such as people running near vehicle traffic where such wear would limit hearing or awareness of surroundings. They may also disallow headphone use due to operational requirements.

Air Force component commanders will coordinate wear policy with the combatant commander to ensure uniformity for Airmen deployed to joint environments.

For more information, Airmen should contact their commander's support staff or base military personnel flight.

Wear policy for PT uniform

Information provided by the Air Force Personnel Center, Randolph Air Force Base, Texas.

The wear policy applies anytime individuals are required to be in a physical training uniform, such as during all organized PT, at a minimum.

The mandatory wear date is Oct. 1.

— Any combination of PT uniform items may be worn together (jacket with T-shirt and shorts, T-shirt with shorts or pants); PT uniform items must not be worn with any civilian clothing.

— Air Force T-shirt (short- or long-sleeved style) must be worn tucked into shorts or pants.

— Jacket must be at least half zipped, and hood must be stored and zipped when not worn.

— Pants must be zipped at the legs.

— Spandex shorts or leggings (navy blue or black) may be worn under PT shorts. Full length leggings may be worn during cold weather.

— White socks must be worn; ankle or calf length. Small conservative trademark logos are OK.



Photo by Capt. Aaron Burgstein

SOUTHWEST ASIA — First Lt. Danielle Boz inspects a new Air Force physical training uniform jacket at a forward-deployed location. The jacket and matching warm-up pants combine with new Air Force PT shorts and shirts to give Airmen a uniform they can wear both off-duty and while exercising.

— Shoes must be a conservative color.

— Hats are not required when wearing the PT uniform, but if optional organizational hats are worn, commanders must standardize.

— Saluting is not required when performing PT activities, but is required regardless of uniform type when not performing PT activities and when meeting individuals displaying appropriate rank.

— Hair must be neat and long hair must be pulled back.

— Requirement for reflective belts is at the discretion of the squadron commander.

— Body art standards apply.

— Jewelry wear will follow normal uniform wear rules, keeping safety in mind.

— Wear policy for deployed locations is at the discretion of the theater commander.

First Sergeant's Corner



Master Sgt. Kevin Drake is the 401st Air Expeditionary Wing headquarter's new first sergeant. He is deployed from the 435th Communication Squadron, Ramstein Air Base, Germany.

During this deployment, it is important to remember that we are all still

expected to uphold our dress and appearance standards. Not only do we need to set the example, we need to correct others who may be in violation. Here are the top three uniform violations I have noticed at Aviano Air Base. (The entire base, not just 401 AEW.)

1. Hands in pockets. The 96th Air Force Uniform Board convened in June 2004; the results were published in a message dated June 30, 2004, and were effective immediately. Line number 35 of the results states, "Add in AFI 36-2903, No hands in pockets authorized."

2. Proper wear of headgear. While in uniform (except for PT gear), proper headgear will be worn when outdoors and removed immediately upon entering a building. This is one of the most basic rules we have all adhered to since entering the military.

3. Use of cell phones while in uniform. If you are in uniform and receive a call on your cell phone, you should stop walking and take the call. When outdoors, you should answer the phone with your left hand to allow you to render a salute if needed.

‘Exercise’ precaution in cold weather

By Senior Airman LuCelia Nagel

401st Air Expeditionary Wing Public Affairs

Brrrr! Fall has arrived in the area, with colder temperatures and more moisture in the air. Physical fitness is still an important part of Air Force training, but many people may feel a little uncomfortable with the cooler weather. Here are several tips to make people’s workout routines a little more comfortable.

Safety

Safety is an important aspect of the relationship between fitness and cold weather. The weather brings a risk of frostbite or hypothermia while skiing, running or performing any other outdoor activity. Frostbite is the freezing of superficial tissues of the face, ears, fingers and toes. Symptoms of frostbite include pain, numbness, burning and tingling of the skin.

Hypothermia is a more severe exposure to cold that is caused by a significant drop in core body temperature. Both conditions can be prevented by layering clothing while outside. Several thin layers are significantly warmer than one heavy layer. The goal is to keep the body warm and minimize shivering.

Also, choose proper footwear and wear the proper safety equipment associated



Photos by Senior Airman LuCelia Nagel

Performing fitness activities when the weather is cooler brings some considerations. It is recommended that people hydrate before exercise and re-hydrate after 30 minutes of intense activity.

with the sport. Covering the head and mouth, keeping feet dry and avoiding alcohol are also common safety measures.

Nutrition

The most important aspect of nutrition during fall and winter months is hydration.

“Too many people neglect that aspect of winter workouts,” said Capt. Mark McElroy, 31st Medical Group physical

therapist. “They need to keep in mind that even though it’s colder outside, the body still heats up.”

The captain suggested that people don’t always realize this because sweat dries much faster in the cooler air, so people don’t recognize that bodily fluids are lost.

“The best bet is to hydrate before exercise and re-hydrate after every 30 minutes of intense activity.”

It is also suggested that people avoid alcohol and items containing caffeine, as these can dehydrate a person.

Preventing injuries

Injury during cold weather is another common risk. The biggest defense against injury is a proper warm-up, according to Captain McElroy.

“With the winter weather, the muscles are even colder before exercise and it can really affect the body,” he said. “If our members focus on a few minutes of jumping jacks or running in place, it will go a long way toward preventing an injury.”

General tips

Other general tips for working out in colder weather include taking rest days to allow the body to recharge and listening to the body. If pain or discomfort is experienced during exercise, see a doctor.

(Information from www.sportsmedicine.about.com was used in this article.)



A proper warmup before exercise is also recommended. This serves to warm up cold muscles to prevent injury.

Capture that Caption

So you think you're funny? Then why not tap into your creative side and write a caption for this issue's featured photo.

In the next issue, we'll print your captions, depending on available space, and select the winner for photo No. 8. Then you can take a crack at photo No. 9.

So tap your funny bone and send us your captions. Send captions to Senior Airman LuCelia Nagel at 401 AEW.PA@AVIANO.AF.MIL.



Featured photo No. 9

"I knew I shouldn't have had that bean burrito for lunch!"



Winner of featured photo No. 8:

Tech. Sgt. Kenneth Corwin, 401 AEW Airfield and Information Systems

Runners-up for photo No. 8 are:

"Ouch! This gun has a kick!"

Tech. Sgt. Danette Remmert, 401 AEW Finance

"Hey Sarge, I hit five water balloons! Do I get the big stuffed bear?"

Tech. Sgt. Raymond Smith, 401 AEW Communication and Information Systems

401 AEW Sortie Ticker

687 Cargo Aircraft Processed Year to Date
— Detachment 1 Tuzla AB, B-H
(Current as of Thursday)

